

WEAR WHAT YOU OWN

A seven-day wardrobe test before you shop.

THIS WEEK I NEED CLOTHES FOR:

Start with pieces you already wear. Repeat useful items as often as you like.

DAY 1

Outfit worn: _____

Worked / change: _____

DAY 2

Outfit worn: _____

Worked / change: _____

DAY 3

Outfit worn: _____

Worked / change: _____

DAY 4

Outfit worn: _____

Worked / change: _____

DAY 5

Outfit worn: _____

Worked / change: _____

DAY 6

Outfit worn: _____

Worked / change: _____

DAY 7

Outfit worn: _____

Worked / change: _____

CHECK THE REAL GAPS

A need that appeared more than once this week: _____

Can I restyle, repair, borrow, or buy used? _____

If I buy: exact item, size, budget, and 3 outfits it fits: _____

One piece to repair or care for this week: _____